

## Children's Mental Health Week 2021

Children's Mental Health Week 2021 begins on Monday 1<sup>st</sup> February. The theme of this year's Children's Mental Health Week is *Express Yourself*.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

Here are links to a range of online resources that can help support Children's Mental Health. There is also advice for parents and carers encouraging them to find time for themselves and providing ideas on how to self-care.

**Place2Be** <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

<https://www.childrensmentalhealthweek.org.uk/news/children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

### Self-care for Parents and Carers

<https://www.annafreud.org/parents-and-carers-old/self-care-for-parents-and-carers/>

<https://www.annafreud.org/on-my-mind/self-care/>

### A list of useful websites and resources

[Draft 2: Children's Mental Health Week Toolkit \(mentallyhealthyschools.org.uk\)](https://mentallyhealthyschools.org.uk/draft-2-childrens-mental-health-week-toolkit)

### Place2Be have shared a video message from HRH The Duchess of Cambridge

To mark the start of Children's Mental Health Week, The Duchess of Cambridge, Patron of Place2Be, has sent a message of support encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time.

<https://youtu.be/PEBURwEL9HM>

If any of our students, staff, parents or carers feel they need further support or advice then please do not hesitate to get in touch with us at Hillcrest School (01670) 713632.

Mrs Lisa Pycroft